Extremity Examination

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Apley’s Scratch Test

• Shoulder Range of Motion Test
• Symmetry is the key here
• Identification of a lateral scapula
Mazion’s Test

- Glenohumeral Joint pathology or dysfunction
- This isolates the glenohumeral joint
- A chiropractic test, John Mazion was one of the first chiropractic orthopedists, he taught many of my ortho classes
Dugas’ Test

• Shoulder Dislocation
• Unlikely to see
  • Why?
• Replicated during Mazion’s Test

• Just listed here as a secondary test because of replication

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Impingement Test

- Impingement Pathology
- The shoulder motion is the same as Mazion’s and Duga’s
- Impingement can be from tissues and/or bony structures

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Apley’s Supraspinatus Test

- Rotator Cuff
- Can be adapted for biceps tendon
- Bursitis is a DDx
Supraspinatus Test

• Supraspinatus Rotator Cuff Test
  • Tendonitis or Tear
• Note the position of the thumbs and the abducted arms
• Nice for bilateral comparison

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Speed’s Test

• Biceps Test for Tendonitis or Tear
• Hand position-supination
• Arms less abducted than supraspinatus test
Acromioclavicular Stress

• AC Joint Test
• Most Common area for Shoulder Degenerative Arthritis
• Shearing motion
• This Maneuver can also be Therapeutic
Cozen’s Test

• Lateral Epicondylitis Test

• Same Mechanism as C6 Motor Test
Reverse Cozen’s Test

- Medial Epicondylitis Test
- Same Mechanism as C7 Motor Test
Valgus Stress

- Medial Collateral Ligament Test
- This test should be performed with the arm straight and a second time with the elbow flexed by 30 degrees
  - Why?
Varus Stress

• Lateral Collateral Ligament test
• This test should be performed with the arm straight and a second time with the elbow flexed by 30 degrees
  • Why?
Finkelstein’s Test

- Test for Stenosing Tenosynovitis
- Should Always be Performed when Symptoms of CTS are Present
Ellis Test

• Test for Wrist Flexor Tendonitis

• *Great test* for early detection of pathology that can lead to CTS

• This is hard to find a reference for.
  • Art Croft was mine.
Phalen’s Test

- Carpal Tunnel Syndrome
- The testing positioning is held for 1-2 minutes
  - Some sources say 30 sec to 1 minute
Reverse Phalen’s Test

• Carpal Tunnel Syndrome
• The testing positioning is held for 1-2 minutes
  • Some sources say 30 sec to 1 minute
Anthropometry

• Measure circumference 4 inches above and below the elbow
  • Swelling - edema
  • Musculature / atrophy
Hibb’s Test

• Tests for Hip Joint Pathology
• Early motion tests the hip
• Late motion tests SI joint
• Better than Patrick’s Test
  • Why? (2 reasons)
• Obturator Sign
Obturator Sign
Comparison: Hibb’s-Obturator
What is wrong with the previous slide?
Tests Replicated or Observed During Hibb’s Test

• Obturator Sign
Patrick’s Test

- Hip Joint
- Tests External Rotation
- Less Accurate Than Hibb’s
- Internal rotation is usually lost before external rotation
- Obturator Sign
Suprapatellar Compression

- Superficial Patellar Edema
- Clark’s/Patellar Grind
- Squat
  - Pressure
  - Quick Test
Valgus Stress Test

• Tests the Medial Collateral Ligament of the Knee
• Better at 30° of Flexion
• Hand placement on lower leg determines the leverage on the joint

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Varus Stress Test

- Tests the lateral Collateral Ligament of the Knee
- Better at 30° of Flexion
- Hand placement on lower leg determines the leverage on the joint
Lachman’s Test

- Testing anterior cruciate ligament
- More accurate than the anterior drawer test
- The lower leg should not touch the table
- Lately I have changed my hand placement. I grasp the tibia with both hands and allow the patient’s body weight to be the stabilizing factor to the femur.
Anterior Draw Test

- Tests the Anterior Cruciate Ligament
Posterior Draw Test

• Tests the Posterior Cruciate Ligament
Slocum’s Test External Tibial Rotation

- Tests anteromedial rotational instability
- Same position as Hughston’s Posterolateral Drawer, different direction of rotation/pull
- It is all about the foot placement
Hughston’s Posterior Lateral Drawer

- Tests posterolateral rotational instability
- Same position as Slocum’s Test
  - External Tibial Rotation, different direction of rotation/pull
- It is all about the foot placement
Slocum’s Test Internal Tibial Rotation

• Tests anterolateral rotational instability
• Same position as Hughston’s Posteromedial Drawer, different direction of rotation /pull
• It is all about the foot placement
Hughston’s Posteromedial Drawer

• Tests posteromedial rotational instability
• Same position as Slocum’s Test Internal Tibial Rotation, different direction of rotation/pull
• It is all about the foot placement
McMurray’s Test

• Tests for Torn Meniscus in the Knee
• Palpate the joint margin while flexing and extending the knee
• Feeling a click may indicate a tear
• The Patient may be More Exact in Reporting a Positive Finding, the doctor may not feel the click
Thessaly’s test

- Meniscal tear
- Better than most meniscal tests
- Weight bearing
- Easier the Duck walking for most patients
Hughston’s Plica Test

• Tests for the Presence of a Plica in the Knee
• Very similar to McMurray’s Test
• Palpate the medial edge of the patella
• Foot placement is key here as well
Bounce Home Test

- Tests for Torn Meniscus in the Knee and Joint Locking

Miller 2002
Allis

• For determining structural deficiencies
• The Femoral and Tibial differences can be assessed
  • Picture 1 femoral defect
  • Picture 2 tibial defect
Ankle Anterior Drawer

- Same Principles as any Drawer test
- Anterior Instability
Ankle Posterior Drawer

- Same Principles as any Drawer Test
- Posterior Instability
Ankle Valgus Stress

• Same Principle as any Valgus Stress
• Medial Instability
• Less likely to see due to
  • Malleolus and strength of the deltoid ligament
Ankle Varus Stress

- Same Principle as any Varus Stress
- Lateral Instability
- Medically - a lateral ankle sprain is considered the most common musculoskeletal injury. One in every ten thousand people per day
Anthropometry
Anthropometry

• Six inches above and below the knee for circumference –
  • Musculature - atrophy
  • Swelling - edema

• Leg length
  • ASIS to either malleolus
  • Either works just be consistent
  • This test is far from accurate
  • Extremity alignment study